



Your patient's health is too important for guesswork

Why weight is not enough

Today's health care provider needs to know more than just what the patient weighs. You need proof of measurable change, and so do your patients.

Let's take three different patients, each needing to lose 20 pounds. The first patient has 20 pounds of extra water retention, the second patient has 20 pounds of extra body fat, and the third patient has to lose a combination of 20 pounds of extra water retention and fat. Knowing the unique differences in body composition helps you customize maximally effective wellness strategies...and change course when you need to.

By offering RJL Quantum Body Composition Analysis, you get information you need to help design the best strategy for each individual patient.

What is BIA?

Bioelectrical Impedance Analysis (BIA) is a quick, safe and painless technology utilized by leading hospital and universities all over the world. BIA measures body composition by sending a safe, low electrical current through the body, with just four small adhesive pads. The current moves easily through the fluids and lean tissue, but encounters resistance when moving through fat tissue. BIA provides a window into subtle changes in your patient's body composition. You can safely and accurately assess your patient's body composition based upon the needs and goals of each individual patient, at intervals from weekly to annually – you choose.

Today's patients expect therapeutic lifestyle changes to be part of their integrative treatment plan. This accurate view of 'what you're really made of' helps you design a wellness plan to help your practice and your patients reach customized goals.



www.rjlsystems.com
1-800-528-4513
info@rjlsystems.com

Safe. Reliable. Accurate.



Optimal BIA Patient Test Preparation

1. No alcohol for 12 hours before the test
2. No caffeine (coffee, tea, 'energy' drinks, soda pop) for 8 hours before the test
3. No exercise or sauna 8 hours before the test
4. Remove metal and/or magnetic jewelry, therapeutic magnets, communication devices, and cellphone away from the body
5. Remove right shoe and sock or nylon stocking
6. Remove objects from right wrist and hand

What Will I Get?

- Fat
- Fat Mass Index
- Fat-Free Mass
- Fat-Free Mass Index
- Intracellular Water
- Extracellular Water
- Lean Dry Mass
- Lean Soft Tissue
- Skeletal Muscle Mass
- Bone Mineral Content
- Body Mass Index
- Daily Energy Expenditure
- Basal Metabolic Rate
- Phase Angle
- Food & Fitness ideas and more!

The FDA has not cleared BIA for patients who are pregnant or have an implanted electronic medical device (like a pacemaker).

RJL's BC4.0 software reports feature the most progressive **Food & Fitness** sections in the industry. These optional report inclusions were designed with lifestyle medicine practitioners in mind.



The **Food** section helps practitioners and patients discuss gluten-free, cholesterol-free, meat-free, dairy-free and wheat-free options, and the **Fitness** section offers lifestyle activities ranging from vacuuming and playing with the dog to martial arts and hockey.



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